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A sea of red, white and blue! Ms. Ericka Dunlap, the reigning Miss America, along with 52 Miss America contestants spent a few hours on the campus of AFRH-Washington. The ladies took time to chat with residents and give autographs. *Additional photographs on page 24.

Readiness Pays Off

By Mary Kay Gominger (G)

It wasn't your typical week at the Armed Forces Retirement Home – Gulfport during September 13th – 17th.

The AFRH-G residents and staff were busy preparing for and hosting a visitor; not your average visitor, mind you, but an intruder named Ivan – Hurricane Ivan!

This meteorological bomb ultimately made landfall just east of us in neighboring areas of Alabama and the panhandle of Florida. However, for days and hours before his arrival, everyone watched uneasily and waited, knowing that the one thing truly predictable about hurricanes is that they are totally unpredictable.

"We knew it was coming," said Safety Officer, Walt Chesman, "and no matter where it would finally land, we knew we would get hurricane force winds and rain at least, or, possibly, a worst-case scenario of a full-force Category-4 Hurricane. So, we had to be prepared for anything."

All day Wednesday as the winds started picking up, Seabees from the Naval Construction Battalion Center along with Campus Operations employees were busy getting the grounds and facilities ready for the approaching storm. Additional Seabees from Naval Mobile Construction Battalion

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AFRH COMMUNICATOR

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The AFRH Communicator is an authorized publication of the Armed Forces Retirement Home.

Residents and employees are encouraged to submit photos, art, news items, and features. Materials will be edited by The AFRH Communicator staff for journalistic style and length.

Editorial views and opinions expressed in these pages are not necessarily those of AFRH or the leadership of each Home.

Throughout the newspaper AFRH-G input will be denoted as (G) and AFRH-W as (W).

AFRH Editors Column



Several residents have asked me to cover the subject of people to people communications in my column. Toward preparing to do this, I discovered

that the text book I used to instruct a "comm" course years ago has disappeared. Accordingly, I will give myself a response rain-check until I can replace the lost book (at about 22x the cost of the original book).

Many people have difficulty in getting silent or non-verbal individuals to freely engage in discussion. Sometimes, speakers have difficulty in getting their points across, because the attention of the other person(s) is somewhere else. Would-be communicators may also experience difficulty in getting others to show that they heard and understood what was verbalized. There are also problems with people who talk on and on and never allow the other party to provide input to the conversation.

Communications is a loaded subject, but I intend to tackle these and other interpersonal communications issues in a future column, because honest relationships are built on trust and the ability to communicate effectively.

The biggest news item these days is about hurricane after hurricane hitting our seaboard states. Even as I write, Florida is preparing for another bout with Mother Nature. We certainly wish our fellow citizens well as they weather these storms.

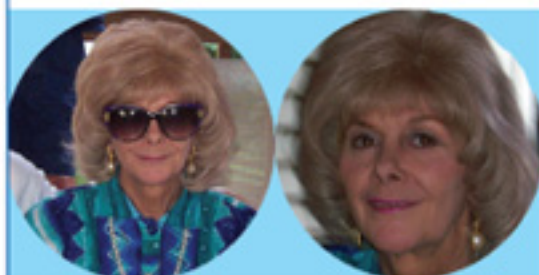
Too much cannot be said about how our Gulfport comrades handled their bout with Hurricane Ivan, and it is difficult for a monthly paper to provide up-to-the-minute news coverage. However, Gulfport's staff came up with excellent coverage of the preparation and the weathering of Hurricane Ivan. See page 14 for the photographs.

You will find a synopsis of the Master Plan for the Armed Forces Retirement Home - Washington on page 11. Ponder this offering at your leisure, and if you have further questions you may contact Craig Wallwork. Craig's email address is craig.wallwork@afrh.gov.

You will also find George Lynch's "Coffee Safari" to the Washington Zoo on page 15 interesting. I've always wondered who was studying who when visiting the monkey house.

ENJOY YOUR PAPER!

"Old Friends Are Near Forgotten"



September 4, 2004

Dear Bob [Resident Bob DeVaney]:

Want to thank you for your concern and everyone else's. It is definitely appreciated. I'm doing quite well but not well enough to come back to work yet. I miss everyone a lot and hoping I can come back soon.

I know all the girls are working quite a bit so I'm glad Tammy is there to help out. I think she will do fine as she knows quite a few customers from the VFW. [Tammy has since resigned]

My treatments are going good and Charlie [Resident Charlie Layton] is taking good care of me.

My love and regards to all.

Love,
s/Rosie

Editor's note: I'm sure Rosie would enjoy hearing from her many friends here at the Home. Her address is below:

Rose Graziani
2909 Davidsonville Road
Davidsonville MD 21035-1619

AFRH NEWS

Message from the Chief Operating Officer



Hurricane Ivan was no match for the staff and residents of AFRH-Gulfport. When the going got tough, the tough definitely got going. AFRH-Gulfport did a superb job preparing for and implementing their Emergency Preparedness Plan. I am pleased to report that the Gulfport facility had no casualties or reports of personal injury associated with Hurricane Ivan. While the facility did sustain some damage, we consider the damage relatively minimal.

On behalf of the Office of the Secretary of Defense and our many interested partners, I personally want to thank each and every AFRH-Gulfport staff member for your assistance and commitment to safeguarding our residents prior to and during Hurricane Ivan. The potential for catastrophe was huge, but your attention to detail in preparing for the uninvited visit of Ivan made AFRH residents feel safe and comfortable. You proactively sent some residents to local hospitals, encouraged many residents to find secure shelter out of harm's way, and offered remaining residents the opportunity to relocate to our Washington facility. Not only were the resi-

dents provided excellent care and support, but they were also given a choice as to where they would weather the storm.

Thank you for following AFRH-Gulfport's well planned Emergency Preparedness Plan. The plan proved to be both efficient and comprehensive. CAPT Ulmer implemented the Plan with sound assistance from Walt Chesman (AFRH-Gulfport's Safety Officer) and the entire management team and staff. Having sufficient quantities of medications for residents, food supplies, onsite staff and extra help from the SeaBees, the Home was well prepared to weather a storm of long duration. While it is commendable to pass a "test" of an operational plan for an emergency situation – it speaks volumes to know that we have successfully and safely weathered the real thing.

I'd also like to thank the AFRH-Washington staff for their support in providing emergency housing to the AFRH-Gulfport residents who decided to take haven at our Washington facility.

I am also most appreciative of AFRH-Gulfport residents who have contacted me personally to offer their sincere gratitude for the outstanding efforts of the leadership and staff of AFRH-Gulfport during this weather crisis.

Timothy Cox

Resident Election Final Results

AFRH-Gulfport

Residents at AFRH-G elected a new Council Chairperson and Wing Representative during elections held on Sept. 8 and 9. A total of 482 ballots were cast with new council chairperson and wing reps taking over on October 1, with their first meeting scheduled for Oct. 12. Here's the result of the election:

Council Chairperson
Henry Pike
2A Marian Powers - Pri
2B Billie Blythe - Pri
Rosemary Tully - Alt
4A No Candidate
4B Charles Huber - Pri
Paul Huebner - Alt
5A Forest Schneider - Pri
5B Al Loyer - Pri
Nicholas Deluca Jr. - Alt

Gulfport continued

6A Albert Cotta - Pri
6B Andrew Pellkofer - Pri
Robert Mears - Alt
7A No Candidate
7B Jerry McCreight - Pri
8A Dick Robinson - Pri
8B Evelyn (Ebbie) Simpson - Pri
Marion Wolke - Alt
9A No Candidate
9B Jack Male - Pri
10A Perry Vick - Pri
10B Holly Hayes - Pri
11A No Candidate
11B Gene Brunner - Pri

AFRH-Washington

RAC Chairman:
William Sinnott
Sheridan Building Floor representatives
1st floor: Russell L. Smith
Gracie Carpenter
Bob Hill
2nd floor: Jo Soboleski
Henry Johnson
3rd floor: MiMi Rivkin
Bill Jentarra
4th floor: A.V. Albritton
5th floor: Homer Rutherford
6th floor: Edith Ellington
7th FL. Pete Setcoski
Scott Building floor representatives
4th floor: Edward McBride
5th floor: Terry Sawyer
Announcement of write-in winners for floor representative positions will be announced after they have been contacted.

CAMPUS NEWS

Office of the Director



One of the many services we provide is educational material about topics most relevant to seniors. While Denise and I made rounds during Hurricane Ivan's visit (very, very late into the night or very, very early into the next day), we enjoyed our conversation with you while noticing that many Residents were just out and about or sedentary. While I am convinced that there is not a significant collection of those unable to consistently acquire sound sleep, some may find the following excerpts useful (taken from the article, "Sound Tips for a Sound Sleep" from the Natural Sleep Foundation via the August, 2004 edition of "Hope Health Letter").

We would die without it. And getting too little sleep on a chronic basis can make us sick. Here's how to make sure you slumber happily ever after.

- Make your bedroom a peaceful haven. Sheets and bedding should be soft, fresh-smelling, and comfortable. Remove clutter and other distractions. If neighborhood noise is a problem, wear earplugs or generate white noise with something like a fan.

- Make relaxing rituals a routine

about an hour before bedtime. These can include reading, listening to calming music, or drinking a cup of warm milk.

- Plan ahead for the morning. Lay out your clothes the night before so you won't go to bed worrying about all you have to do in the morning.

- Eat your last large meal three to four hours before bedtime. Avoid spicy, fatty, fried, or sugary foods after 5 p.m. And avoid nicotine, caffeine, and alcohol up to eight hours before you go to bed.

- To help keep blood sugar levels stable throughout the night: (low blood sugar can wake you in the wee hours), have a complex-carbohydrate and protein snack (like a slice of whole-grain bread with peanut butter) about 45 minutes before bedtime.

- To prevent nighttime trips to the bathroom: Avoid drinking anything less than an hour before bedtime.

- Make sure your bedroom temperature is right. You'll sleep better if the room is neither too warm nor too cold. Most people are comfortable between 60° F and 65° F.

- Make sure your room is as dark as possible. If there's too much light, your body won't make enough melatonin, which helps regulate your sleep cycle.

- Go to bed and get up about the same time everyday – even on weekends.

- Exercise every day.



Left to right: Miss Mississippi Jalin Wood visits with Capt Ulmer and his wife Denise.

- You may want to avoid vigorous activity within several hours of going to bed if you find it's too stimulating.

- If you're having trouble sleeping through the night, don't nap during the day.

It is my sincere desire that the above tips will assist those of you who have challenges in acquiring a consistently sound sleep pattern. I want our Residents to experience the many benefits of sleeping soundly!

CAPT Jerald Ulmer

They Hold Some of the Most Important Jobs in Our Community...and we Just Want to Say Thanks!

Submitted by AFRH-G

When our residents need help with daily living, our caring professionals step in to make a difference in their lives.

Whether it's making sure they eat well, alerting others to a mood or behavior change, helping them get dressed, keeping them mobile, transporting them

to activities or providing emotional support - our staff works hard every day in concert with families to give our cherished residents the care and assistance he or she needs.

It takes special people to do these important and challenging jobs. We want to thank our staff for doing them

with professionalism, grace, and compassion.

When our residents need a helping hand, it is comforting to know that there are skilled men and women right here in the community who provide quality assistance to our residents. Thanks for making a difference.

Office of the Deputy Director – Washington



Improvements Arriving!

This month we welcomed the arrival of our new Ombudsman, Mr. Al Mori. Mr. Mori is a retired Command Sergeant Major (E-9) from the Army. Mr. Mori comes to us as a seasoned and experienced military member and a knowledgeable civil servant. He served for 26 years on active duty with 17 of those years within Special Operations Forces. Since his military retirement, he has worked for the past 10 years with the Army Force Management Support Agency. As a retired military member, Mr. Mori will likely remain with us for several years since he does not have to rotate within 2 or 3 years to another assignment. That will improve the continuity of the Ombudsman position as he builds up his experience and knowledge of our Home. Mr. Mori is currently working from the Sherman Building

directly across from my office. However, he will soon move to the main floor of the Scott building next to Resident Services' Offices to be closer to Residents and easier to get to. We have also seen the arrival of Mrs. Glenda Labinjo as our new Business Center Chief. Glenda joins us from the greater Chicago metropolitan area where she served as the Chief Financial Officer for a small suburb just outside Chicago called the Village of Maywood. Glenda has a deliberate, personable, and confident disposition that leads me to believe she will adjust well here at AFRH. Glenda comes with 16 years of military service, all in reserves, as an Army Finance Officer and has seen her share of time in uniform. She is committed to providing excellence in service as a main goal in her career. Her office is in the Business Center located within the Scott building basement, you will be able to see her down there as well as out and about the Campus.

Speaking of out and about, let's move onto transportation. We relayed our desires to Martz for more buses like our green and white freightliner bus with a

ramp at the doorway that allows electric wheelchairs to simply drive onto the bus. The drive-on ramp is faster, easier, and really better than using a hoist on the back of the bus. Martz responded with the arrival of a new blue and white freightline bus that has the same ramp configuration. It is really a nice improvement for our mobility impaired Residents. Martz also appears to be providing drivers with better overall customer service skills. On the flip side, bus transportation is a lot like electric power, i.e., when it works well, it goes by almost unnoticed; when it doesn't work well, no matter how short the time, it is instantly noticed and causes a major disruption. Any specific problem, such as a bus breakdown or a driver not performing well, is immediately forwarded to Martz for their corrective action. Martz has responded quickly in nearly all cases. We are working on a daily basis to improve our partnership with Martz, which we hope to turn into a longer term contractual relationship provided that Martz maintains a high level of performance. It's all about solid,

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Office of the Deputy Director – Gulfport



ARE YOU READY FOR YOUR "SHOTS?"

Does winter leave you wondering if you have the simple "cold" or the dreaded flu? If so, you are not alone in this dilemma. How about pneumonia? When do you get concerned whether that pesky cough and fever could be pneumonia? A simple, key answer could be in basic prevention and being prepared for the moment. Hand washing and vaccination could spare you a lot of grief, hospitalization and perhaps even your life. Scientifically speaking, the difference between the common cold and the flu is that the flu is caused by the influenza virus while a cold is caused by a number of different viruses. Overall, however, the flu is generally more severe and serious than a cold. All of the symptoms of

the common cold are exaggerated when you have the flu with some more serious ones added such as a fever of up to 102-104 F. It is very rare that you will have a fever with the common cold. Other symptoms of the flu that may be mild or absent with a cold are: Headache, body aches and pains, fatigue/weakness, exhaustion, runny nose, chest discomfort and cough, and a loss of appetite. Each year in the United States the flu kills an estimated 20,000 people most of them over the age of 65. To prevent the flu, please consider taking the flu shot if you are over 50 years old; a resident or employee of AFRH; and or if you have chronic heart or lung conditions, including asthma. The CDC also advises that "anyone who wants to lower their chances of getting the flu can get a flu shot." Is there anyone who should NOT get the flu shot? Well, according to the CDC, the following groups should talk with their doctor before considering a flu shot: Severe allergy to hens' eggs, a severe reaction to a flu shot in the

past, and those who previously develop Guillain-Barre syndrome within 6 weeks of getting a flu shot. The flu also weakens the body, raising the likelihood of complications of pneumonia in the elderly. If you start feeling better, but are then hit with another fever, cough, and chest pains while breathing, you may be developing pneumonia or another bacterial infection and you should visit your doctor.

Pneumonia is a serious disease that causes much sickness and death. According to a CDC bulletin, this disease kills more people in the United States each year than all other vaccine-preventable diseases combined...Wow! The population most at risk for contracting this disease is: People 65 and older, the very young, and people with special health problems such as alcoholism, heart or lung disease, kidney failure, diabetes, AIDS or HIV infection, or

Continued on page 21

CAMPUS OPERATIONS

OOORAH from Campus Operations

By Ralph Marshall (G)

I am happy to say that we have just recently successfully competed in an A-76 study of the maintenance and repair services that we provide to our customers here at the Gulfport Campus.

We look forward to serving you, both residents and staff, for another 5 years plus.

We now have a new streamlined work force and are striving to improve on our processes by which we maintain the grounds and buildings on this facility. Our mission is to maintain your home to the best of our abilities with the utilization to the fullest of our manpower and financial resources.

The future is full of challenges, from dealing with the New Addition to Building 1 Construction project, and ensuring the existing infrastructure remains operational, to government wide austere funding and manpower issues that effect us all. We intend to meet these challenges head on and ensure our efforts exceed your expectations.

You, our customers, have my personal assurance, along with that of the staff of Campus Operations, that we will endeavor to provide the best possible services in the areas of transportation, facility maintenance, resident / staff work requests, HVAC (heating, ventilation, air conditioning & refrigeration) and supply & logistics operations.

Our goal is to increase our efficiency by lowering our back log of outstanding work orders, decreasing our required response times, and provide you with top quality resident focused services in all the areas of Campus Operation responsibilities.



Left to right, Front row Bonnie Riggs and Cindy Mason. Second row: Mike Cashion, Joel Lafferty, Charlie Mason, Leo Pinette, Walt Teague Tom Curran and Ray Marrero. Third Row: Ralph Marshall, Eddie Gunter, Jyrán Jordan, Jimmy McCaleb, Walt Chesman, David Fenton, Pete Trexler and Kenny Duprey. Missing from picture: Ray Ladner, Mike Valentine, Bob Davenport, Larry Slaton, Jerry Williamson, Hayden McElroy, Karey Garrett, Gary Sullins, Mike Girouard and Tom Twillinger.

Along with this I want to make a commitment to you to be proactive and be known as "the go to service". If you have questions of concerns about any issue at the Gulfport Campus, and you're not sure how to get them resolved, ask us. We will find out the answer or place your issue on the desk of the person who can respond to it. And we will follow up to ensure you receive your feedback.

Our motto is: "At Campus Operations, Customer Service is not just a concept; it's a 24/7 reality". Thank You.



Top: Eddie Gunter, Campus Ops Engineering Technician, on his feet and on the phone, always at the ready!
Below: From right to left - Charlie Mason, Tommy Terwillger and Jimmy McCaleb work together figuring out an air conditioning malfunction.



Pest control is a priority for Ray Ladner, Campus Ops Pest Controller.



Plumber Gary Sullins works on pipe tubing.



WELCOME HOME

AFRH Residency

AFRH is not just a place to live but a place to live more. Our model retirement centers are designed for residents to maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment. Eligibility:

Military veterans from each service branch can live at either Home.

Veterans are eligible to become a resident of the AFRH if their active duty service in the military was at least 50 percent enlisted, warrant officer or limited duty officer and who are:

- Veterans with 20 or more years of active duty service and are at least 60 years old, or
- Veterans unable to earn a livelihood due to a service-connected disability, or
- Veterans unable to earn a livelihood due to non service-connected disability, and who served in a war theater or received hostile fire pay, or
- Female veterans who served prior to 1948.

To receive an informational brochure please contact the following offices:

In Gulfport, call 1-800-332-3527, or write to Admissions Office, AFRH-Gulfport, 1800 Beach Drive, Gulfport, MS 39507-1597.

In Washington, call 1-800-422-9988, or write to Admissions Office, AFRH-Washington, 3700 N. Capitol St. NW, Washington DC 20011-8400.

Visit us on the web at:
www.AFRH.gov

NEW RESIDENTS AT AFRH-G

Joseph Little USN
Ford Phillips USN
Bob Jordon USA
James Groover USA
Charles Robinson USN
Bruce Frye USA
Jesse Hendricks USMC
Marvin Lester USN
Floyd Morgan USN
William Norvell USA
William Lyons USN
Eugene Allison USN
Jackie Akers USN
Jack Charles USAF
Fredrick Schulz USAF
Jack Hutcherson USAF
Lola Hannah USA
Larry Doggens USAF

CENSUS: 586
AS OF SEPT 24, 2004

NEW RESIDENTS AT AFRH-W

August Kulick USN
Oscar Ison USA & USAF
James Buckley USAF
Arthur Espy USA
Jack Overby USN
George Jackson USA
David Floyd USN
Esker McConnel USA
James Waddell USMC & AF
William Adams USMC
Charles Bittner USAF
Richard Jury USAF
Charlie Mason USA
Robert Kelly USAF

CENSUS: 1005
AS OF SEPT 24, 2004

Personal Excellence Awards

AFRH-Washington

Resident Services

Sherry Artis

Healthcare Services

Verna Olubusade

Katherine Jiles

Office of the Director

Mary Susie Conti

HISTORY

OUR UGLIEST BUILDING?

By Ray Colvard (W)

Margaret Wolfe Hungerford, in 1878, stated that beauty is in the eye of the beholder. Austin O'Mally, date unknown, said that ugliness is a point of view; an ulcer is wonderful to a pathologist. In 1993 the Applegate guide book Washington Itself stated: "The Soldiers' Home domiciliary on North Capitol Street above Irving Street, NW is one of the ugliest buildings in town."

When the Home's architect was recently asked which of all the buildings on the grounds was ugliest, he pointed to the Scott Building. Colonel Paul Goode notes in his 1957 history of the Home that, "The General Winfield Scott Building was opened 8 March 1954; there is only one adjective to describe it: 'magnificent'. A few months later the new hospital ward named after Colonel Henry Pipes was opened. "There was some delay in the construction since after the plans were drawn it was redesigned to withstand an atomic attack." The building's solid concrete structure might seem to make future efforts to demolish the structure more of a challenge. However, a maintenance supervisor, who will remain anonymous, is sure a dozen residents in BPVs could level it in a week.

Why Mr. Applegate would choose the Pipes Building over the Scott for his "ugly" accolade is conjecture. Maybe the Scott's surface has more grime on its exterior hiding its worst features. With limited mobility and motivation, this writer has not visited the District's buildings with which Applegate compared Pipes: office buildings at 9th and M Streets or Blackie's House of Beef, in Washington NW.

The great architect Louis Sullivan stated his first principle for any building, "ever form follows function." The Army engineers' architects for the Grant and Pipes buildings followed function for industrial structures, and, in 1870, the form Edward Clark chose to follow function, decades before Sullivan stated it became the Home's beautiful masterpiece, Rose Chapel. Whether or not the Seneca stone choice was meant to reflect Barton Alexander's association with the Smithsonian Building is conjecture, as the belief that Rose Chapel would



Without a second thought The Old Library Building was demolished in 1910.

become the eye of a cruciform pattern of walks leading from the chapel.

Older visitors who remembered Soldiers' Home as it was before 1910 have often deplored the loss of the Old Library Building. In its day it was a photo subject as popular as the Sherman Building. Visitors called it the "Queen Ann Building." Historian-Architects have labeled it as "picturesque eclectic", pointing out it was more an esthetic notion than any recognized architectural style. It has been said that one can, in mind's eye, envision the Old Library Building as it was by comparison with the Cemetery Gatehouse Lodge. A Home architect wrote: "The style of the Lodge is particularly noteworthy... Its steeply pitched roof with intersecting gables is decorated with iron cresting, chimneys, a pinnacle, and pierced bargeboards. Strong use of varied materials, including stone, brick and stucco, are characteristic of the Victorian Gothic Revival Style."

To envision the Old Library Building one can imagine the Cemetery Gate Lodge enlarged greatly in area and elevation. Both buildings are believed to be the work of John L. Smithmeyer and Paul C. Peltz. To suggest the quality of architects employed at the Home: Edward Clark was named Architect of the Capitol, Smithmeyer and Pelz won the nationwide competition for the Library of Congress Building. Although it was constructed sixteen years after the award, only slight modifications were added to the building. Another visit to the Library's Jefferson

Building could enable us to see the genius that was part of Old Soldiers' "Old Library Building."

The Old Library Building has been featured in James Smith's Capitol Losses recently republished by the Smithsonian Institution. Two reasons have been stated for demolishing the structure in 1910. What had been beautiful in the 1800s was "old" in the early 1900s. The Gothic features of its design required too much special care. The building's site could be used for more space around the Grant Building.

An Appalachian philosopher noted that if it wasn't for bad luck, he'd have no luck at all. Few awards are given for "Ugly". The District's historic buildings, once seen as ill-favored, are the restored Old Post Office Building and the Pension Building, once called by architects an "incongruous absurdity", is now the popular National Building Museum. In the 1960s it was proposed by Congress to be the Air and Space Museum.

The historic interest in the contrast of the Cemetery Gate Lodge and its once dominant counterpart, the Old Library, has been recreated in existing structures. A gazebo, once on the hospital grounds, around 1900 was brought to its present Anderson Cottage site. One may find interest in noting the Victorian style of the gazebo with the features Dowling selected for his neo-Gothic farmhouse.

What may become of the gazebo and water tower in the circle drive of what will be the "Lincoln Sanctuary" is conjecture. Both are anachronistic in the Lincoln era. The gazebo was built in 1877 for the hospital grounds, was torn down, rebuilt and set up near the Anderson Cottage in 1982.

The Romanesque Water tower was constructed, with its 50,000 gallon tank, in 1893. Its function was lost when the tank was part of the "scrap" the Home gave up for the war effort in World War II. Without the tank, the tower building was a more beautiful form—its dome, arch and crenelation reflecting those of the Sherman Building. Perhaps the greatest architectural contrast in Home buildings is not in ugliness but in size—the giant Grant and its miniature look-alike, the North Gate House, both in the classic Renaissance Revival style.

HEALTH NEWS

Who Doesn't Like to Eat?

By Walt Chesman (G)

Everyone likes to eat...don't they? At least three times a day (and sometimes more), we all gather at one place or another to nourish our bodies with a wide variety of foods. Whether we are dining out at a fine restaurant in town, driving thru a fast-food place, preparing our own meal, or breaking bread at the dining hall, eating food is something we all do on a regular basis and we typically give little or no thought about how the food was prepared and if it's safe to eat.

Almost always, the food you eat meets and exceeds government standards and is free of deadly bacteria and substances that can make you sick. But did you know that each year, an estimated 73,000 cases of *E. coli* (*Escherichia coli* 0157:H7) infection and 61 deaths occur in the United States. Most illness has been associated with eating undercooked, contaminated ground beef. People who eat ground beef can prevent *E. coli* infection by thoroughly cooking ground beef, avoiding unpasteurized milk and washing hands

carefully when preparing foods.

E. coli was first recognized as a cause of illness in 1982 during an outbreak of severe bloody diarrhea. The outbreak was traced to contaminated hamburgers. Since then, most infections have come from eating undercooked ground beef. Among other known sources of infection are consumption of sprouts, lettuce, salami, unpasteurized milk and juice, and swimming in or drinking sewage-contaminated water. Eating meat, especially ground beef, that has not been cooked sufficiently to kill *E. coli* can cause infection. Contaminated meat looks and smells normal.

Severe bloody diarrhea and abdominal cramps are two symptoms of *E. coli* infection. Sometimes the infection causes non-bloody diarrhea or no symptoms. Usually little or no fever is present, and the illness resolves in 5 to 10 days. In some people, particularly children under 5 years of age and the elderly, the infection can also cause a complication called hemolytic uremic syndrome, in which the red blood cells are destroyed and the kidneys fail.

Here's what you can do to avoid contact with *E. coli*:

Cook all ground beef and hamburger thoroughly. Because ground beef can turn brown before disease-causing bacteria are killed, use a digital instant-read meat thermometer to ensure thorough cooking. Ground beef should be cooked until a thermometer inserted into several parts of the patty, including the thickest part, reads at least 160 degrees. People who cook ground beef without using a thermometer can decrease their risk of illness by not eating ground beef patties that are still pink in the middle.

If you are served an undercooked hamburger or other ground beef product while eating out, send it back for further cooking. You may want to ask for a new bun and a clean plate, too.

Drink only pasteurized milk, juice, or cider. Commercial juice with an extended shelf-life that is sold at room temperature (juice in cardboard boxes, vacuum sealed juice in glass containers) has been pasteurized, although this is generally not included on the label. Juice concentrates are also heated sufficiently to kill pathogens.

Angela Stretches Out to the Residents

By Angela Hayden

Exercise Therapist, WRAMC

I have been teaching classes at the AFRH-W since August 2003. Classes are held on Wednesday's at 2:45 pm in the fitness center. The goal of the strength and stretch class is to reduce the risk of falling by improving overall strength and balance. The class involves moderate intensity aerobic exercise, balance exercises, strength training exercises using resistance bands, and stretching exercises for total body. Studies show that moderate intensity exercise, performed 3 days a week can prevent falls and injury in older people.



Above: Cecilia Radditz, Emil Krudys, Jean Ringuette and Sharon Winkle are working their biceps using resistance bands.

Above right: Angela Hayden enjoys stretching out with the residents.

Right: Angela Hayden along with Cecilia Radditz are working their upperbodies during this exercise.



COMPETITIVE EDGE

13th Annual Funfest at AFRH-W

By Jerry Carter (W)

A little friendly competition took to the campus on September, 10th at the AFRH-W.

Under the bright blue sunny sky, residents participated in a variety of games and fitness activities and a yard sale. Food service hosted a cookout upon completion of the Fun Fest events.

Fun Fest activities took place behind the Scott Building. There were six events scheduled throughout the day for open competition. Residents competed for

1st place honors. Mike Longwell lead the men's competition with three victory gold medals and Alice Garrymore captured top honors for the women with two victory gold medals.

King Health Center residents Willie Forcey and Katie Browning also won 1st place victory gold medals.

Leisure and Wellness Division would like to thank Food Service for hosting a tasty cookout.

Also for making this such a successful event: Community Volunteer Lester Silvernail and Resident Volunteer Martha Williams. Special thanks too all the residents who participated in the Fun Fest activities.

Winners:

Men's Basketball Free Throw 1st Mike Longwell

Women's Basketball Free Throw 1st Alice Garrymore

Men's Horseshoes 1st Willie Forcey
Women's Horseshoes 1st Katie Browning

Men's Ring Toss 1st Jim Burke
Women's Ring Toss 1st—no winners, based on points earned. Honorably mentioned are Alice Garrymore, Jackie Haslam, and Bernice Goldstein.

Men's Softball Toss 1st Mike Longwell

Women's Softball Toss 1st Alice Garrymore

Men's Frisbee Toss 1st Harold Eby
Women's Frisbee Toss 1st Edith

Haslam

Men's Putting Contest 1st Mike Longwell

Women's Putting Contest 1st ---no winners, based on points earned. Honorably mentioned are Jackie Haslam, Bernice Goldstein, and Alice Garrymore.



Mike Longwell facing off against Forrest Kline in softball.



Bernice Goldstein keeps her head over the ball and steady hands to make this putt.



Alice Garrymore windups in the softball competitions.



Perfect release! Recreational Therapist Carol Mitchell (right) watches this resident participate in the freethrow competition.



Focused on victory! This resident eyes his putt all the way into the hole.

AFRH MASTER PLAN

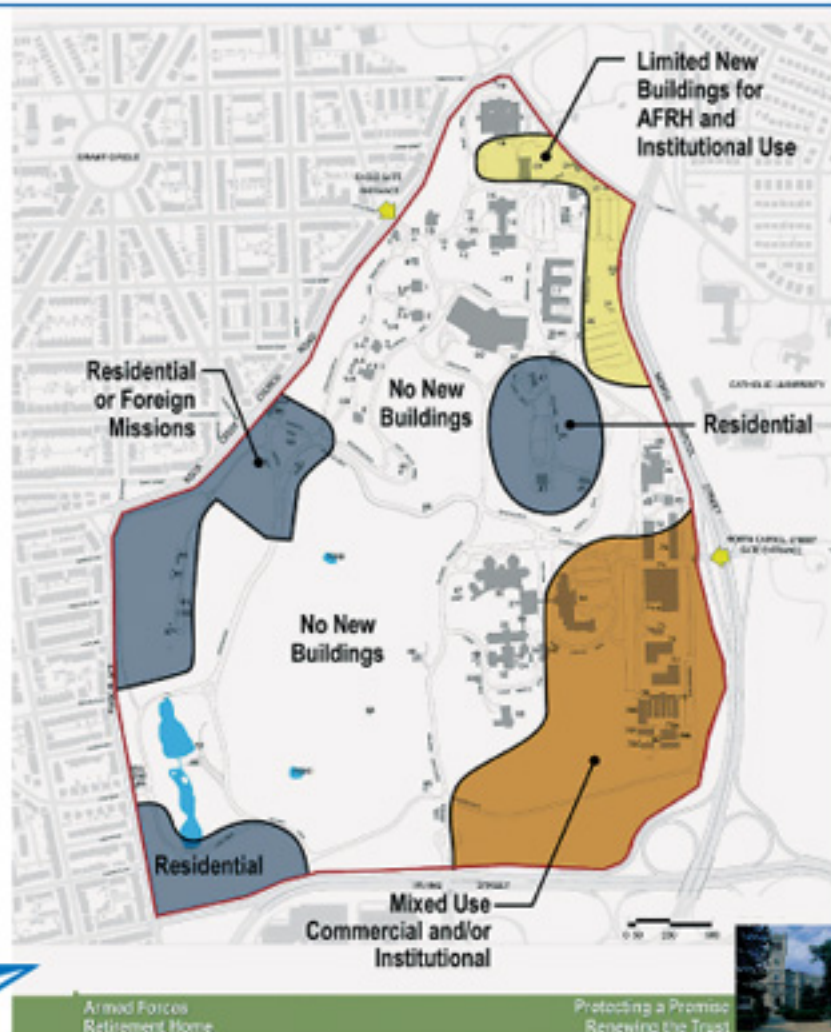
Protecting a Promise—Renewing the Trust

The Project

The Armed Forces Retirement Home (AFRH) is preparing a Master Plan for its campus located at 3700 North Capitol Street, NW, in Washington, DC. The Master Plan will help guide the long-term use and development of the site. Along with the Master Plan, AFRH is preparing an Environmental Impact Statement (EIS) to analyze the potential impacts from the proposed Master Plan.

The Need

In 2002, the National Defense Authorization Act for Fiscal Year 2002 (P.L. 107-107, 24 U.S.C. § 410, et seq.) gave the AFRH, with approval of the Secretary of Defense, authority to dispose of its excess property by sale, lease, or otherwise in order to help maintain the financial viability of the retirement home. Proceeds from such a disposal will replenish the AFRH's Trust Fund, the primary source of funds available to operate AFRH's retirement communities, which serve retired enlisted military personnel.



The Alternatives

AFRH will prepare a range of alternatives for future development on the AFRH campus as it prepares a Master Plan. As part of the NEPA process, AFRH will analyze various impacts of those alternatives. As required by NEPA, AFRH will analyze alternative development scenarios, referred to as the "proposed action" in NEPA, and an alternative with no new development, referred to as the "no-action alternative" in NEPA.



The Site

Established in 1851, the AFRH in Washington, DC continues its mission as a retirement community for nearly 1,100 military veterans. Considered a city within a city, the campus features everything residents need for daily living: private rooms, banks, chapels, a convenience store, a post office, laundry facilities, a barber shop and beauty salon, dining rooms, a golf course, fishing ponds, and 24-hour security and staff presence.

Nestled in the heart of the nation's capital, the 276-acre site is currently developed with more than 100 buildings and ancillary structures including the U.S. Soldiers' and Airmen's Home National Landmark District.

POC: Craig.Wallwork@afrh.gov

GULFPORT SPECIAL CAMPUS

Residents enjoy Labor Day picnic



Active duty military members joined AFRH-residents and staff at the annual Labor Day Picnic held on September 3, 2004. The military members, a group of Navy chief petty officers and chief selectees from around the tri-state area, spent most of the week at the Home working on a variety of projects outside and serenading the residents inside. Several times during the week the group of sailors mustered in the lobby and belted out tunes like 'Anchors Away' and the 'Seabees of the Navy.' Their grand musical finale came at the picnic on Friday when the group performed a medley of military songs for residents and staff members.

The weather for the picnic was perfect, the food outstanding and everyone in attendance seemed to enjoy the fellowship and camaraderie of fellow residents, staff and the military guests.

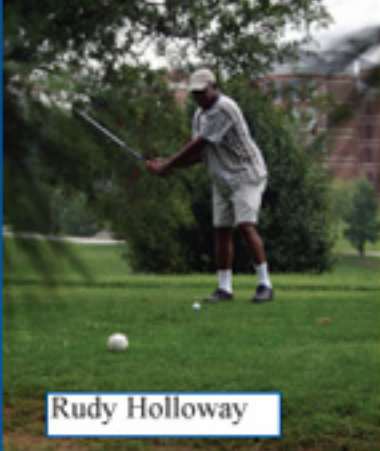


Photographs by Marykay Gominger



WASHINGTON CAMPUS

David Hughes Golf Scramble



1st place: Emil Byke, John Green, Grant Call, Mimi Rivkin (7 under par, thanks to Emil's eagle)

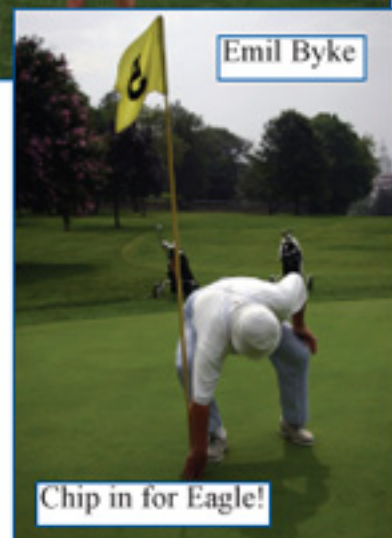
2nd Place: Rudy Holloway, Ray Storch, Tony Morton, Jose Gordon, Wilbert Logan

3rd place: Ken Collier, Gene Gilbert, Minora Nagaoka, David Anderson

Closest to the pin: Gene Gilbert

Eagle on the 9th hole- Emil Byke!!!

Beer, snacks and a good time had by all!



Collier Captures Resident Golf Championship



On Wednesday, September 1st, fifteen residents turned out to determine who is the best golfer for 2004. This year's Resident Golf Champion is the same as last year's and the year before that. K.C. Collier defended his title for the second time with a solid score of 75 for the eighteen hole competition. Emil Byke finished in second place, while Al Paul was third. In the nine hole competition, Joe Taylor beat the rest of the field with a very good score of 37.



COASTAL UPDATE

Continued from page 1

One assisted in preparation and clean-up operations, and were also on hand to help in other areas.

"The Seabees were happy to work any place we needed them," said Chesman. "We had Seabees serving food, moving emergency supplies, performing damage control watch, emergency generator maintenance, not to mention assisting with hurricane cleanup. Wherever we needed them, they were there."

Wednesday night, as the bands of rain began, residents, staff, Seabees and family members settled in for an anxious night of pacing, watching the weather channel and praying. Lights flickered occasionally as the winds howled and parents and staff kept children busy watching movies or playing board games. The waiting game began.

By daybreak on Thursday, the worst had passed. Groggy and sleepy-eyed, residents filtered down to assess the damage. The winds were still whipping but for the most part, the storm had passed.

"We sustained winds from 50 to 80 mph here," said Chessman, "with gusts up to 90 mph. We were ready in all respects. The damages we sustained were limited because of our readiness."

"I am very pleased about the manner in which staff and residents carried out the plan we had in effect," said AFRH-G Director Captain Ulmer. "The whole process proceeded smoothly as we progressed through the hurricane stages and I think we proved without a doubt that we were up to the task."

Photographs by Mary Kay Gominger



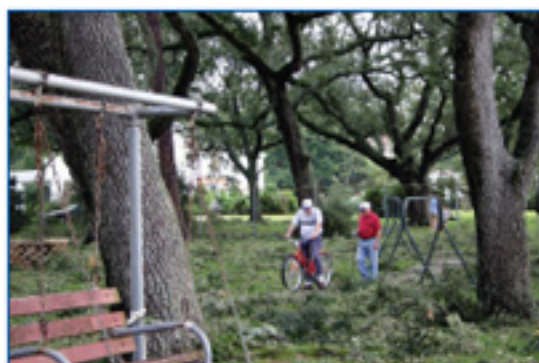
Building 1 was boarded up for protection against high winds and blowing debris prior to the arrival of Hurricane Ivan.



A Seabee from NMCB-One helps out in the serving line.



Family members pass the time by playing a game of monopoly in the theater.



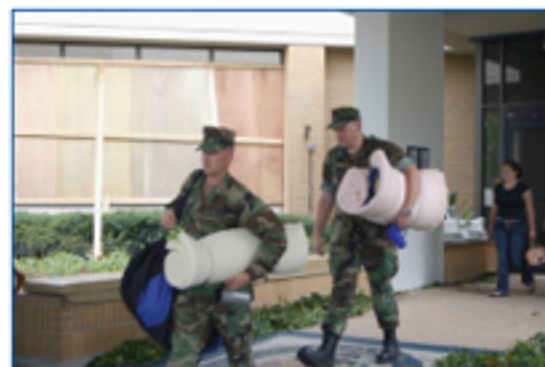
A sea of leaves -- two residents inspect the grounds after the storm.



Angelo Villafane (on deck) assists Safety Officer Walt Chesman in offloading a grill to be used to cook with in the event of loss of electricity.



As the winds picked up, Security personnel lower the flag for safekeeping.



Taking their bedrolls with them, Seabees leave the Home, anxious to see how their own homes fared in the storm.



Winds gusting from 50 to 80 mph blew the cover off the pool.

METRO VIEW

COFFEE SAFARI TO THE ZOO

By George Lynch (W)

Just to remind all, that these articles on SAFARIS were started to provide an incentive to try the action off-campus. I decided to call them COFFEE SAFARIS, because most of the residents had their years in the military, where a cup of coffee (JOE), was pretty standard fare. Then I also know that some of us don't go in for long hikes anymore, so I look for JAVA-joints close to a METRO stop. I hope that the articles are fun enough and interesting enough to convince one and all that it is worth a walk outside the gate for a start. (The bus fare for seniors is only 60 cents with your MEDICARE card or a Senior pass.) (The Metro rail fare is varied depending on distance, and the best way to ride the rail is to buy a Senior Metro pass at a Safeway or Giant store or at the METRO CENTER office for \$10.00 which will give you multiple rides.)

This COFFEE Safari will give you a look at two fine DC areas and a day at the Zoo. The trip is as usual, by bus outside the gate and the METRO RED LINE. Your Safari guides have found a new and interesting Coffee Location and after three trips to the Zoo believe they can guide you to the action spots.

As usual we start out by taking the #60 or H8 bus just outside our main gate to either Ft. Totten or Brookland Metro stations. Pick up the Red Line heading in the direction of Shady Grove Lane, ride to the Cleveland Park stop. I know that the usual Zoo stop is Woodley Park, but if you get off there you must walk UP-hill to the ZOO, but by going to the next Stop Cleveland Park, you get to walk DOWN-hill to the Zoo. On the way home, you then walk down-hill to Woodley Park and head home. It took the Safari Team 2-trips before we found out that info.

When you get off the Metro at Cleveland Park and walk through the turnstiles, use the exit on the Right to come up to the street. When you hit the street



(Connecticut Ave), walk downhill (left) and within the next block you will come to the FIRE-HOOK Coffee shop. This will be your first Coffee Stop, and you will get super coffee. We recommend that you take your coffee out to the Garden Area. You will sit outside under a Grape Arbor and when you feel like it you can reach up and pick and eat grapes. (Or you can walk to the Zoo while enjoying your coffee and enjoying the scenery.)

When you are ready just keep walking (there is about a half-block up-hill), to the ZOO entrance. There is no charge for admission and there are signs along the way to lead you to whatever area you may be interested in. My Safari companion, (Abernathy) and I bought a zoo guide map for \$1.00 (to help the Zoo fund) and used it once in awhile on our tour.

The first place we spent time was called the Cheetah Run, located just on the left as you walk down the road. We were able to spot the Cheetah, but the excitement mounted when one of the trainers came into the enclosure (which is a very large area), and proceeded to exercise the animals. There are several locations in the enclosure where items are set up to attract the Cheetahs' attention and the desire to chase and capture. It is easy to see, as they run, why this animal is listed as the fastest cat in that family. I tried to get a picture of the run but not too easy as he moved so fast.

There is so much to see in this zoo that you may want to make several trips, but I will point out a few locations. Just after leaving the Cheetah area, on the opposite side of the road is an area called the PANDA PATIO. There are no Pandas there, but there is an overlook where you can see the Pandas from above, and sometime you see more action there than at the PANDA VIEWING area further down the road. It's worth a stop. (Incidentally there



is at this time the feeling that the female is pregnant, so maybe you will see a Panda Birth on your safari.)

Another spot down the same road, is the ELEPHANT enclosure. The big attraction at this enclosure is the baby elephant, who, like all kids has a routine all his own. He spends a lot of time in the water and has discovered the input pipe that keeps running water into the pool, and found out that he can lay on his side and put his trunk over the pipe and let the water go directly into his mouth. Incidentally the trainers put on a training program with the mother and baby at specific times during the day. Interesting to watch them try to work with the mother and keep the baby from interfering.

Your Safari guides pretty much took in the total ZOO experience in three trips, and every one of them was worth the time. On the return trip, when you come out the Zoo entrance, you might want more coffee. If that is the case just across the street is an excellent STARBUCKS with outdoor seating, and because of its' location a great look-e-loo spot. When ready head down the hill (left) to the Woodley Park METRO and Red LINE it home. (Don't forget to get a transfer just before you board the Metro home. It is good for the bus fare.)



A MUST READ

The French-German Arms Race Part IV

By Ludwig Olson (W)

During the early 1890's, the German Army was looking for a better rifle than the Commission Rifle 88. An Up-to-date bolt-action Mauser with a five-round box magazine that was loaded from the top by using Mauser strip clips was under consideration. Also under consideration was a reduction in caliber.

An experimental Mauser rifle that fired the American 6 mm Lee cartridge was among several rifles tested by the Germans. The Mauser firm produced various other rifles for German Army troop tests. There were orders for 2,000 7.9 mm test rifles in 1895 followed by 2,185 6 mm Model 96 rifles in 1896. The 6 mm Model 96 fired a cartridge of German design not interchangeable with the 6 mm Lee.

In addition to the above, Mauser produced test rifles in calibers 4 mm, 5 mm, 5.5 mm, 6.5 mm, and 7.65 mm. The number of rifles in those calibers was likely very few.

A tubular steel handguard, similar to that of the Rifle 88, was a distinctive feature of the 7.9 mm test rifles. The 6 mm Model 96 had a short wooden handguard.

There were two versions of the 6 mm Model 96. The second version had an improved breech action like that of the 7.9 mm test rifle. It also featured a Mauser tangent-curve rear sight of advanced design. The 7.9 mm test rifle had a Lange rear sight developed by Lt. Col. Lange of the German Rifle Testing Commission.

Troop tests of the 6 mm and 7.9 mm rifles were conducted concurrently. The 7.9 mm rifle with Lange rear sight was favored by the Kaiser. On March 11, 1897, he

decreed that it be adopted with the designation Rifle 88/97.

The 6 mm test cartridge had some advantages, especially its light weight. Other factors, such as a large amount of 7.9 mm ammunition on hand plus the tendency to underrate the effectiveness of small-caliber bullets, caused the caliber 7.9 mm to be retained.

Although the Rifle 88/97 had some good features, the War Ministry was not satisfied with its tubular steel handguard which was difficult to keep concentric with the barrel.

On April 5, 1898, an improved 7.9 mm rifle, designated Rifle 98, was adopted by Germany. Its action was essentially like that of the second-version Model 96 test rifle, but was reinforced at the front where the locking system was located. It also had a Lange rear sight, possibly because of political favor. The Rifle 98, also called Infantry Rifle 98, Model 98, or Mauser 98, was destined to become one of the world's most produced military shoulder arms, and also one of the most copied. With slight alterations and various designations, it was used by many nations in several different calibers. Sporting versions for the commercial market were also produced.

A new version of the 7.9 mm cartridge featuring a 154-grain spitzer (pointed) bullet was adopted by Germany in 1903. Called the S cartridge, its pointed bullet was driven at high velocity and had a flat trajectory.

The Rifle 98 and S cartridge gave excellent results during world War I. A shortened version of the Rifle 98, dubbed Carbine 98k, was the principal German

shoulder arm in World War II. It was a fine combat arm of hand-operated type, but lacked the firepower needed in modern warfare.

Simple Acts of Courage

By George F. Lynch (W)

**He was pushing his walker
up the hill from KHC and
then back down again.**

**The body, bent over, one
foot in front of the other
Determination, battling pain.**

**Some here have fought in
great wars and come
to this home to rest.
The wars may be over, but
there are still battles
yet to test.**

**So the indomitable spirit, that
served so well in the past
Once again rises to the sur-
face
To fight one more battle to
make this lifetime last.**

**A simple ACT OF
COURAGE**

**pushing a walker up a hill
Let's make this trip today
and TOMORROW take a
pill!**



German 7.9 mm Rifle 98 with Lange rear sight.

AFRH-W EVENTS

Barking Good Time During the Dog Days of Summer



Left: Bill Murray knows exactly where man's best friend likes to be scratched.

Right: Harold Schultz hams it up with one of the dogs visiting the Washington campus.



Food, Fun and Sun at the Labor Day Blowout Party



Left: Team AAFES not only serve great food but award-winning smiles as well.

Right: Bernice Goldstein and Keith Turner dance the afternoon away with other residents and guest.



Weakest Link turns to Strongest Answer



Left: What was the question? Residents are deep in thought trying to come up with the correct answer.

Right: Who wants to answer this time?



LOOKING UP

Residents On The Move



Daniel Gallucci at the Crab House Restaurant on the eastern shore. He says "I'm so happy I could smile."



Robert Bales at the Hooters Restaurant in downtown Washington, DC. When asked how the food was he stated, "what food."



Miss Nebraska 2004 Brook Matthews from Blair Nebraska and Wilfred "Mac" McCarty originally from McCool Junction, Nebraska (200 happy people when I left town to join Army) There has never been a Miss America from Nebraska. I promised I would pray that she would win. The Miss American contestants visited us here at the Armed Forces Retirement Home 4 Sept 2004 enroute to Atlantic City to contest. The contest is not until 18 of Sept but I guess they have to get up there to practice smiling. They were all very friendly and beautiful

Home on the Hill

By William Tobin (W)

What a wonderful feeling to be "Home" on the Hill. A place where I come and go as I will;

A place that feeds me and sees to my health, And doesn't inquire 'bout the state of my wealth; Where squirrels and pigeons abound all around, And geese in great numbers rest at the ponds.

Abe Lincoln lived here, 'twas his favorite place. He'd come to relax, and forget the "Rat Race." Most of the residents now follow his lead. It's hard not to relax, very hard indeed.

There's so much to offer, and so much to see. The best of it is that it's all for "free."

If it's medical or dental for which you have need. Just minutes away you'll find Walter Reed.

If you make a turn and go the wrong way, Relax. Up ahead, you'll see the VA.

When the walls close in and you wish to sightsee, Just hop on the bus. That, too, is free.

It'll take you to places where we all should go; Monuments, memorials, museums – what a show!

So stifle the frown and break out a smile. Remember, you'll most likely be here awhile.

Enjoy the amenities, such as they are. Be glad that you no longer must drive a car. Three meals a day and a place for your hat, You really can't ask for much more than that.

As for me, I just remember to take my pill, And give thanks that I'm "Home ... on the Hill."

American Legion Post 70 AFRH-Washington

Monthly meetings will
be held at 1000,
The First Monday of
each month.

The meetings will be
held in the Scott
Building,
First Floor Meditation
Room

The next meeting will be
on Monday, October 4,
2004

RESIDENT PROFILE

Wood Sculpturing Has Always Been His Passion

By Mary Kay Gominger (G)

Resident Alonzo Dick was in the Navy for three years in the Southwest Pacific during World War II serving in such places as Guadalcanal, New Guinea, and the Philippines. For the next 37 years he worked in Grand Prairie Texas as an airplane mechanic. He has been a resident at the AFRH-G for the past year and during all this time, actually since the age of 5, he has had one thing that he has followed to some degree throughout the hills and valleys of his life and that is his passion for working with wood or sculpturing as he calls it.

"I starting whittling with my grandfather when I was just four or five years old," recalls Alonzo. "We watched aircraft fly over us every day on the porch and that is what we would whittle. We had never seen a real airplane up close, we just studied the sky as the aircraft flew over and would work from memory. My grandfather's finished pieces were just so precise and sturdy, the planes didn't wobble or feel flimsy. He was a great craftsman."

Alonzo said nowadays he uses bass wood to build his creations but he remembers when he and his grandfather sculpted using wood that came from old apple boxes. Today he uses high speed rotating cutters and he can finish a piece in two to three days, depending on its complexity.

"I do all my work now at the Recreation Department's Wood Shop because of the mess it makes with the sawdust and shavings. I



Alonzo Dick displays some of his artwork outside the dining hall at AFRH-G.

keep my tools in a locker there and just pull it out when I'm ready to go to work. They have a vacuum over there that I can use to clean up." Alonzo said.

He continued, "When I finish the sculpting portion of the piece, if it needs some color, I will use stain mixed with dye or a shoe polish. I might use a clear lacquer over that. I never use paint, I feel that takes away from the piece and you can't tell if it's wood or something else."

Alonzo liked the AFRH-G so much that about a month after he had been here, his brother, Leslie, who is retired Air Force, moved in. So now the two brothers can enjoy spending time together in their retirement. Sculpturing, however, must not have traveled through

the family's genes to Leslie as he finds other ways to pass the time.

If you'd like to see some of Alonzo's work, visit him most anytime at the Wood Shop.



Alonzo Dick examines a walking cane he is presently working on.

PLAY TOGETHER – STAY TOGETHER

Resident – Employee Picnic at AFRH-W

By Laura Fogarty (W)

On Friday, September 17th all residents and employees were invited to participate in the annual Resident/Employee picnic beginning at 11:30 a.m. As Hurricane Ivan started moving into the metropolitan area the night before it was questionable whether this traditional event would be indoors or out. Despite the 60% chance of rain for this day it was decided to “go for it” outdoors. As the picnic committee and food services began setting up everything fell into place well and the picnic was ready to begin promptly at 11:30 a.m.

D.J. Cliff Wright started the event off playing “the oldies but goodies”, those familiar tunes of the 40’s and 50’s for the residents as they began entering the picnic. As everyone gathered together, Capt Soares welcomed everyone and recognized several residents for their accomplishments they had made this year helping others. The following residents were mentioned. Terry Sawyer, Martha Williams, Larry Friesel, William Seeley, Ray Anderson, Bernice (Goldie) Goldstein, Frederick McClellan, Jeff McGee, Stella Shelton, Mimi Rivkin and John Price.

As the music started up again a combination of music from the 60’s to the pre-

sent got people dancing throughout the event. To see residents and employees dancing together is great, especially residents that have limited mobility and really enjoy dancing. There were many foot stompers and hand clappers sitting on the sidelines of the dance area enjoying the music as well.

The food selection was great and no one left hungry. A choice of ribs, chicken, burgers, hot dogs along with side dishes of Cole slaw and potato salad gave people choices. Watermelon was on hand also. After all what’s a picnic without watermelon!

Eventually some heavy rain showers came during the event but it only lasted a brief time. Everyone took covers under the tents and continued to eat, drink, socialize and listen to music during the 15 minutes it rained. Thank you committee members for putting a tent up over the DJ, good thinking!

This year’s picnic was enjoyed by all despite the brief interruption by “Mother Nature. Thank you to the following people who assisted me with making this event a success: Leon Barwick, Ricky Langford, Jerry Carter, Joy Simpkins, Rick Coleman, Judy Mayfield, Karen Harry, Nancy Duran, Joe Williams, Jesse James, Geneva Nance,

Mary Shanklin, Daryl Marable, Simon Nowozo, Louis Chance, David Johnson, Robert Williams, Michael Holman, Shavonia Dawkins, Helen Crawford, Joe Wall, John Remy, Edward Brown, Annette Parker, Ester Brown, Sarita Woodfork, Andria Casey and Steve Crockett. Great job everyone!



Long time friends and co-workers Rick Coleman and Jackie Bell work together to make this a successful event. Great Job!



Joe Woo and Capt Soares enjoy visiting with residents under the big top.



Standing room only! Resident enjoy plenty of food, sunshine and music throughout the afternoon.



Put your left foot in and your left foot out. Residents and employees show off their dancing skills.

FOLLOW UP

Improvements Arriving

Continued from page 5

steady performance. The advantage of a longer term contract is that it will allow Martz to make additional investments in improved bus equipment since Martz will know they have years to recoup a payback through a longer contract.

Within healthcare, we have worked hard to improve medication safety for our LaGarde inpatients. The new Neighborcare Pharmaceutical contract provides medications in a blister pack manner, each pill has to be pressed out of the blister pack, which really makes it clear as to how many pills are used each day. When a LaGarde inpatient goes to Walter Reed (WR), Veteran's Hospital (VA), Washington Hospital Center, or any other facility, it's important that they wait to fill their prescriptions upon return to LaGarde using the Neighborcare contract. Any Lagarde inpatient who gets a prescription filled at WR, VA, or elsewhere, cannot use that medication once they return as a LaGarde inpatient because of rules on how inpatient medications are handled. It is considered an unsafe practice and should not be done. If an Independent Living Resident knows that they will be checking into LaGarde upon their return to the Home from WR, VA, or other hospital facility, then they should also wait and get their prescriptions filled through Neighborcare. The exceptions to this rule are few and far between and are specifically directed by Healthcare. Bottom line, anyone who knows they will return from WR, VA, or other hospital facility to the Home as a Lagarde inpatient, you should get your prescriptions filled at AFRH through Neighborcare so we can comply with all inpatient medication safety rules.

We've had several very successful events this month including the Miss America visit that went extremely well on September 4th. Hats off to our Campus Public Affairs personnel, Ms. Sheila Motley, our Agency Public Affairs Officer, Mrs. Sheila Abarr, and our Recreation Services, Mrs. Laura Fogarty, for a job well

done! Thanks also to the many other employees and Residents who were instrumental in making the Miss America visit happen, couldn't have done it without you! Members of the Recreation Services Staff, (i.e., Mr. Keith Turner), have also started new game show events such as the "Strongest Link" which was enjoyed by all and had good Resident and Staff participation. Thanks to Keith, Ed Underwood, Sheila Motley, Reggie Johnson, and many others for the effort! The employee picnic was also held this past Friday, September 17th, and a good time was had by all, despite rains lingering in the background from Hurricane Ivan. Speaking of Hurricane Ivan, thank goodness it missed our Gulfport Home; they seem to have survived the storm without any catastrophic damage. We appear to have dodged a bullet with Ivan. All of us here at AFRH are certainly grateful for that. On that note, let me sign off until next month when I plan to discuss some facility improvements coming our way. Thanks and so long for now.

CAPT Paul Soares

"Shots?"

Continued from page 5

certain types of cancer. As with a growing list of diseases, pneumonia has become more resistant to some once very effective drugs such as penicillin which makes prevention of the disease through vaccination even more important. The pneumonia vaccine protects against 23 types of pneumococcal bacteria. There are some who responds much better than others to this vaccine, but nonetheless, it is still very important to get it. If you have questions or concerns about taking the pneumonia vaccine, please talk to your provider who can discuss your specific situation or you can call the CDC at: 1-800-232-7468, or if you have internet access, you can visit the CDC National Immunization Program website at <http://www.cdc.gov/nip>. The clinic in Gulfport should start their immunization program in October. Please standby for more information on this and check Channel 80 frequently for the upcoming schedule.

LT. COL. Wendy Van Dyke

ATTENTION WINDOWS XP USERS

Does your computer run slow?

Are you protected from Viruses, Worms, SPAM, Trojan Horses, Spyware, or Hackers trying to break into our system?

Have you installed the latest updates to protect your PC and its information?

If you need help in these areas contact the AFRIIW Personal Computer Users Group for assistance at (202) 7266668 or (202) 2779307 and leave a message with your name, telephone, and building name and room number of your quarters.

What version of Windows are you using?

Microsoft's Windows are a series of operating systems that control your computer's hardware, and translate your instructions to a language the computer can understand.

To determine which version of Windows you currently have. Click on the RIGHT button of your mouse, or pointing device, when the pointer is over the my COMPUTER icon. The MY COMPUTER icon is found on the desktop or by selecting the START menu. From the menu that opens click on Properties with the left mouse button.

The next screen, called a Window, will tell you what version of Windows you currently have installed. This procedure will only work on Windows 95 or later which was released in 1995.

Write down the information in this window. If you ever plan to purchase a product for your computer you will need this information.

LIFE ON THE COAST

Chiefs and Chief Selectees Visit Gulfport

By Master Chief Walter Asher (G)

Beginning August 30th and culminating on September 3rd, 2004, 120 Active Duty Chiefs and new Chief Selectees visited the Home. They received an introductory brief about the home then given a brief tour of the home prior to lunch. During lunch, the Chiefs and selectees mingled with the residents, hearing stories about when they made Chief and getting written words of wisdom for their historical books documenting their journey to Chief Petty Officer. After lunch, the Chiefs and selectees began their community service projects in support of the Home. They painted Building 8, Crafts Shop, pressure washed and painted Building 5, receiving warehouse/laundry, and performed grounds maintenance. At the end of each day, they would return to the Lobby to sing patriotic songs for the residents. A highlight for all in attendance. The week culminated with the traditional Labor Day picnic. Chief



With a little supervision, the chief selectees pressure wash Building 5.

Selectees from NSA Mid-South and the Seabee base were on hand to cook, serve, talk, escort and entertain the residents. They assisted with the transportation of residents from LTCU and ALU. It was a wonderful week for the residents, to see all of the young military people in uniform paying respects to their heritage and tradition. They left with a deep appreciation to carry on the legacy of their forefathers.



A fresh coat of paint is put on the Wood Hobby Shop.



Residents gather in the lobby to listen to the Navy men and women sing.



Resident Dick Robinson records 'words of wisdom' for the soon-to-be-chiefs.

COASTAL UPDATES

Waves of Red, White and Blue



AFRH-G residents Barbara Folk (left) and Naomi Pointer display a patriotic afghan. The afghan, which Naomi crocheted in 63 hours, is being raffled off to raise money for the National Waves Fair to be held the first week of December. The afghan measures 54 x 72 inches.

Carlisa Edwards Interns on the Gulfport Campus

Submitted by AFRH-G

Whoever said that you can't get something for nothing must not be familiar with the AFRH-G Student Intern Program. This program puts college students into a working environment and the experience goes toward their college degree. Last month, University of South Alabama student Carlisa Edwards started her internship here and will be with us through the end of November. Carlisa gets no salary, in fact, quite the opposite -- she has to pay tuition to the college but she gains a wealth of knowledge that she can't get from the books.

"I've gained a lot of book knowledge the last couple of years studying about how to be a therapeutic recreation specialist but now its time to put some of that knowledge to work," said Carlisa. "Reading about it and actually doing it are two different things."

She continued, "I've really enjoyed being here. Everyone has been wonderful to work with.



Student intern Carlisa Edwards helps with clean up after the Labor Day picnic.

"My biggest challenge has been learning the paperwork. What they teach you in school is not the same as what you actually have to do at the agency you work at. Just learning the different requirements

for the different agencies has been time consuming for me. Other than that, I have had a really positive experience here."

So far, Carlisa has been busy assisting patients with their activities such as exercising, music, going on trips and social activities. She said she finds the job to be very rewarding.

"When I see a resident smiling while they are doing an activity, it makes me feel good," Carlisa said. "That smile and enthusiasm they have makes me happy too."

Carlisa is from Mobile, Alabama, but was actually born at Keesler Air Force Base, her dad being active duty Air Force.

She is living in Quarters D for the duration of her stay here.

2005 Miss America Contestants

Photographs by Sheila Motley



Miss Alabama – Ms. Deidre Downs
 Miss Alaska – Ms. Christina Reasner
 Miss Arizona – Ms. Katherine Kennedy
 Miss Arkansas – Ms. Lacy Fleming
 Miss California – Ms. Veena Goel
 Miss Colorado – Ms. Laura Tobey
 Miss Connecticut – Ms. Nikki Palmieri
 Miss Delaware – Ms. Linda Kurtz
 Miss District of Columbia – Ms. Therese Lizardo
 Miss Florida – Ms. Jenna Edwards
 Miss Georgia – Ms. Danica Tisdale
 Miss Hawaii – Ms. Olena Rubin
 Miss Idaho – Ms. Elizabeth Barchos
 Miss Illinois – Ms. Michelle LaGrove
 Miss Indiana – Ms. Sarah Elizabeth Wiley
 Miss Iowa – Ms. Carolyn Nicholas
 Miss Kansas – Ms. Megan Bushell
 Miss Kentucky – Ms. Maria Maldonado
 Miss Louisiana – Ms. Jennifer Dupont
 Miss Maine – Ms. Ami Vice
 Miss Maryland – Ms. Tiffany Jenkins
 Miss Massachusetts – Ms. Erika Ebbel
 Miss Michigan – Ms. Kelli J. Talieska
 Miss Minnesota – Ms. Tiffany Ogle
 Miss Mississippi – Ms. Jalin Wood
 Miss Missouri – Ms. Whitney Stewart Weeks

Miss Montana – Ms. Evangeline Duke
 Miss Nebraska – Ms. Brook Matthews
 Miss Nevada – Ms. Elizabeth A. Muto
 Miss New Hampshire – Ms. Alyssa Spellman
 Miss New Jersey – Ms. Erica Scanlon
 Miss New Mexico – Ms. Susan Yara
 Miss New York – Ms. Christina Ellington
 Miss North Carolina – Ms. Kirstin Elrod
 Miss North Dakota – Ms. Ashley Ford
 Miss Ohio – Ms. Amanda Beagle
 Miss Oklahoma – Ms. Elizabeth Kinney
 Miss Oregon – Ms. Brook Roberts
 Miss Pennsylvania – Ms. Victoria L. Bechtold
 Miss Rhode Island – Ms. Aimee Belisle
 Miss South Carolina – Ms. Ann Asley Wood
 Miss South Dakota – Ms. Kyra Korner
 Miss Tennessee – Ms. Ashley Eicher
 Miss Texas – Ms. Jamie Story
 Miss Utah – Ms. Amy Davis
 Miss Vermont – Ms. Megan Yardley
 Miss Virginia – Ms. Mariah Rice
 Miss Virgin Islands – Ms. Kinila L. Callendar
 Miss Washington – Ms. Allison Porter
 Miss West Virginia – Ms. Julia Burton
 Miss Wisconsin – Ms. Molly McGrath
 Miss Wyoming – Ms. Megan Reichert

